

Relaxation Technique	Summary/Description	Resources
Breathing Exercise	The individual places one hand on the chest & the other on the abdomen, above the navel. Take a slow deep breath. The hand on the belly should rise higher than the hand on the chest. Initially hold breath for a count of 2 sec and increase as your body tolerates to hold for a count of 7. Exhale slowly. Repeat x 5 breaths.	http://www.fammed.wisc.edu/our-department/media/integrative-medicine
Meditation/Transcendental Meditation and the Relaxation Response	The individual repeats a mantra (a word or sound) over and over while sitting in a comfortable position. If a distracting thought comes to mind, it is accepted and let go, with the mind focusing again on the mantra.	Transcendental Meditation: www.tm.org
Mindfulness Meditation	Represents philosophy of living in the present moment. The <i>body scan</i> is one technique where an individual first uses breathing to obtain a relaxed state. The mind then focuses on different parts of the body & feels all sensations before moving on to another part of the body.	http://www.mhccnet.org/centers.html The Wellness & Recovery Centers http://www.fammed.wisc.edu/our-department/media/mindfulness
Centering Prayer	The individual repeats a sacred word, similar to a mantra. As thoughts come to mind, they are accepted and let go, therefore clearing the mind and becoming more centered on the spirit within.	www.centeringprayer.com http://www.peacejourney.org/worship/meditation/
Progressive Muscle Relaxation(PMR)	An individual, sitting in a comfortable position, starts by tensing the whole body from head to toe. While doing this, notice the feeling of tightness. Take a deep breath in, and, while letting out, let the tension release and the muscles relax. Follow this by tension and relaxation throughout the whole body. Start by clenching the fists, then tensing the arms, shoulders, chest, abdomen, hips, legs and so on, with each step followed by relaxation.	http://www.guidetopsychology.com/pmr.htm http://www.amsa.org/healingthehealer/musclerelaxation.cfm
Visualization/Self-Hypnosis	Using visualization to recruit images that create a relaxed state. Visualizing images of a place and time that was peaceful and comforting.	http://www.healthjourneys.com -Free 15 min guided imagery download https://members.kaiserpermanente.org/redirects/listen/

Relaxation Technique	Summary/Description	Resources

Relaxation Technique	Summary/Description	Resources
Autogenic training	Induces a physiologic response by using simple phrases. For example, "my legs are heavy and warm" is meant to increase the blood flow to the area, thus resulting in relaxation. An individual performs this process from head to toe with the use of deep breathing and repetition of the phrase.	The British Autogenic Society: www.autogenic-therapy.org.uk http://www.guidetopsychology.com/autogen.htm
Exercise and Movement: Aerobic	While performing an aerobic exercise, the individual focuses on a phrase, sound, word or prayer and disregards other thoughts that may enter the mind. Ex: focus on breathing while walking and say "in" with inhalation and "out" with exhalation. Or one may repeat "one two, one two" with each step while jogging.	http://www.cityofmartinez.org/our_city/default.asp http://www.metroprofiles.com/SanFrancisco_ContraCostaCoRecGuide.html
Yoga	Yoga is divided in to three aspects: breathing (Pranayama yoga), body postures or asanas (Hatha yoga), and meditation.	http://www.webmd.com/balance/stress-management/stress-management-practicing-yoga-to-relax https://www.johnmuirhealth.com/events/consumer/browse/index
Tai Chi and Qi Gong	Tai Chi, a Chinese martial art, uses slow movements combined with mindfulness and breathing techniques to help bring balance between mind and body. Qi Gong uses movement, meditation and controlled breathing to balance the body's vital energy force.	http://www.peacejourney.org/community-and-service/tai-chi/

Relaxation Exercises:

- Common goal: mental focus
- A relaxation exercise should be as individualized as prescribing a medication for hypertension
- Role of the Primary Care Physician is to match the relaxation technique to the patient's personality, beliefs and lifestyle